

(The Monroe Institute Bulletin, Winter 1988)

## TRAINER'S PERSPECTIVE

In this column, *Gateway Voyage*® Trainers answer frequently asked questions concerning Hemi-Sync® tapes and the VOYAGE itself. If you have any questions you would like to have answered, please send them to Trainer's Perspective c/o TMI.

Q: During a tape exercise, I often find distracting thoughts intruding. What should I do?

A: There are several approaches.

First of all, you can always return to your Energy Conversion Box at any point in an exercise and place distracting thoughts in it. You might also want to consider examining those thoughts and see why they are coming up... they might just have some information for or about you. After all, one of the goals of doing the tapes is self- discovery.

Q: I keep experiencing a pain (ache, discomfort, etc.) during the tapes. What's going on?

A: That's not easy for someone else to discern. It could simply be physical discomfort. You might try experimenting with different positions (sitting up, putting a pillow under your knees, etc.) and/or gently stretching before and after a tape exercise. Another possibility is that as you're learning to perceive, move, and control non-physical energy. The energy may be hitting a block of some sort that is experienced through the physical senses as discomfort. Go to the source of discomfort and note what you perceive... give it a voice and get into conversation with it... move energy into it and through it... use your Energy Bar Tool on it... ask it for complete and total relaxation... visualize the area as whole and healthy (physically and non-physically)... apply different colors or sounds to the region... experiment!

Q: How is *GUIDELINES*® different from the *GATEWAY VOYAGE*?

A: In *GATEWAY*, you're learning, in an experiential way, tools and techniques that can form a strong foundation for your own self-empowerment and continuing growth. In *GUIDELINES*, using the tools of *GATEWAY*, there is emphasis on learning to verbally report from expanded states of awareness and getting in touch with personal, inner guidance.

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